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## Myo Lahey speaking on "You are Good for My Practice" Jan 19, 2013 @ 10:15 am after zazen

8:30 am -- Brief meditation instruction (drop-in)  
 9:25 am -- Zazen (meditation) in downstairs zendo  
 10:15 am -- **Dharma talk** in zendo  
 11:00 am -- Clothing Drive Kick Off  
 11:00 am -- Tea and Cookies

Rev. Myo Lahey is the practice leader at HSZC, as well as at Valley Streams Zen Sangha in Sacramento, and has previously served in this capacity at Tassajara Zen Mountain Center. A Dharma heir of Tenshin Reb Anderson, he began sitting zazen in 1969. He met Shunryu Suzuki Roshi in 1970 and practiced with many San Francisco Zen Center teachers, including our temple's founder [Issan Dorsey](#). Rev. Myo is available to the entire community for **dokusan** (practice discussion) by appointment.



## Well Being Ceremony for Jana Drakka Tuesday, Jan 15

We will host a Well Being Ceremony for [Jana](#)

**Please help support  
our temple and its  
many programs.**

**Hartford Street Zen Center  
is a 501(c)(3) nonprofit  
organization. Donations  
are tax-deductible.**

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## Regular Schedule

### Monday to Friday

6:00 am Zazen  
 (seated meditation)  
 6:40 am Kinhin  
 (walking meditation)  
 6:50 am Zazen  
 7:20 am Chanting  
 7:40 am Soji  
 (brief temple cleaning)

6:00 pm Zazen  
 6:40 pm Chanting

### Saturday Morning

6:30 am Zazen  
 7:10 am Chanting  
 7:25 am Soji  
 8:30 am Drop-in instruction  
 9:25 am Zazen  
 10:15 am Dharma Talk  
 11:00 am Refreshments  
 + discussion

[Drakka](#) following evening meditation on Tuesday, January 15 at 6:40 pm. All are welcome to join us in chanting for our dear friend and Dharma sister. A basket for donations toward Jana's care will be available.

## Clothing Drive Kicks off this Saturday

The [National Day of Service](#) -- with events in all 50 states honoring Dr. Martin Luther King, Jr. -- offers us an opportunity to practice our Bodhisattva Vow. Hartford Street Zen Center will be launching a month-long clothing drive on Saturday, January 19 continuing until February 23.



Donated items will go to [St. Anthony Foundation](#) which is supported entirely through the generosity of the community. We will have a large **barrel** near the entrance to the zendo where donations can be dropped off six days a week before or after zazen and other public events. Blank **donation receipts** will be available on a clipboard nearby.

**[What is needed:](#)** clean clothing for men, women, and children -- from hats to shoes and everything in between: socks, shoes, underwear, winter coats, jackets and hats. Shopping bags - with handles; blankets, comforters, sleeping bags; luggage, bags, backpacks; toiletries - new only; towels, washcloths; stuffed animals in good condition; new children's toys; strollers in good condition; and canes (no crutches, walkers, wheelchairs).

**The Tenderloin neighborhood**, where St. Anthony Foundation is located, has the highest concentration of poverty and homelessness in San Francisco. 50% of Tenderloin residents earn less than \$20,000 a year. **St. Anthony Foundation** serves over 1,600 poor or homeless people every day through a network of programs that provide tools for those who seek to transform their lives. Services include the St. Anthony Dining Room; a Free Medical Clinic; a Social Work Center; the Tenderloin Tech Lab; the Father Alfred Center the city's only licensed year-long residential drug and alcohol rehabilitation program; and the

Hartford Street Zen Center is a neighborhood temple and residential practice center in the Soto Zen tradition of Shunryu Suzuki Roshi.

### [HIV Meditation Group](#)

*weekly meditation group for those living with HIV, their friends, families & community supporters*  
Thursdays and Fridays  
10:30 am zazen  
11:00 am socializing

### [Meditation in Recovery \(Women-only\)](#)

*monthly meditation group for women in recovery from addiction*  
First Thursdays  
7:15 pm - 8:45 pm

### [Meditation in Recovery \(Men & Women\)](#)

*weekly meditation group for men and women in recovery from addiction*  
Fridays, 7:30 pm - 9 pm

### **Hartford Street Zen Center**

57 Hartford Street  
San Francisco, CA 94114

**DIRECTIONS:** Located between 17<sup>th</sup> and 18<sup>th</sup> Streets / Castro and Noe Streets one block from the Castro MUNI Station, the 33 and 24 bus as well as the F line,

info@hszc.org  
415.863.2507

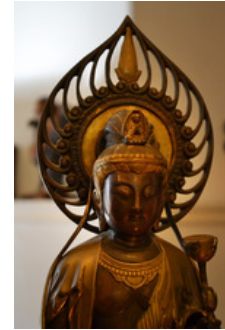
Rev. Myo Lahey  
Practice Leader

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Madonna Senior Residence and Center which provides supportive housing for homeless elderly women.

## **Opening: Become a resident at Hartford Street Zen Center**

The Hartford Street Zen Center (HSZC) is home to our teacher and four residents who live and practice together and help maintain the temple as a warm and welcoming practice environment for the wider Sangha.



HSZC currently has a residential practice opening for a priest or experienced Zen student. We are looking for an individual committed to nurturing practice at our small, urban temple located in an Edwardian row-house in San Francisco's busy, historic Castro neighborhood.

Applicants should have experience with Zen practice and prior residential practice experience is strongly encouraged. HSZC is committed to diversity; women, people of color and queer people are encouraged to apply.

Residents participate in the daily life of the temple as guided by our Practice Leader Rev. Myo Lahey including: attending Saturday dharma talks, weekday zazen and sutra chanting, and monthly Sangha Council meetings; helping with temple cleaning, hospitality, fundraising events, community outreach and service projects; learning Soto Zen forms and mindfulness practices; and regular communication about your practice with our practice leader.

Residents have their own small private room, share a co-ed bath and support the temple financially via monthly tuition. The zendo, kitchen, living and dining rooms are regularly used for Sangha and other Dharma events.

For more information stop by for zazen and inquire in person.

### **Study Hour** Thursdays at 7:30 pm

We are currently reading *The Book of Serenity* -- a collection of 100 koans compiled in China in the 12th century. There are

books to share for anyone who wants to join in.

**Full Moon Ceremony**

Saturday, Jan 26 @ 11:00 am after Dharma Talk

**Sewing Buddha's Robe**

January 26 @ 12 noon

**Issan Dorsey Founder's Memorial**

Thursday, Feb 7 @ 6:40 pm after zazen

**Board of Directors' Meeting**

Wednesday, February 13 @ 7:30 pm

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